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HALE.MY



HALE

HEALTHY FAST FOOD

NATURALLY DELICIOUS.

Weekdays 0730-2000 Saturdays 0730-1500

Visit Us & Order Online At **HALE.MY**
**Eating Well Is Now Easier,
Simpler & More Affordable Than Ever.**



WHOLEMEAL BURGERS SET

choose from baked waffle fries or fresh salad pot

- AUSTRALIAN GRASS-FED BEEF BURGER **16.5**
Oven-baked patty with cheddar, lettuce, tomato & HALE sauce
- GRILLED CHICKEN BURGER **16.5**
Grilled chicken breast with rocket leaves, tomato & HALE sauce
- THE ULTIMATE LAMB BURGER **20**
Oven-baked patty with cheddar, lettuce, tomato & mint yogurt



WHOLE WHEAT WRAPS SET

choose from baked waffle fries or fresh salad pot

- GRILLED CHICKEN WRAP **17.5**
Grilled chicken breast with lettuce, tomato & HALE sauce
- HANDMADE BEEF MEATBALLS WRAP **19.5**
Oven-baked meatballs with cheddar, lettuce, tomato & HALE sauce
- THE ULTIMATE LAMB WRAP **21**
Oven-baked patty with cheddar, lettuce, tomato & mint yogurt



WHOLE WHEAT PASTAS

pasta vermicelli served al dente

- PESTO w grilled chicken **15.5**
Homemade pesto, pumpkin seeds, cherry tomato, broccoli & rockets
- TOMATO w handmade beef meatballs **17.5**
Homemade tomato sauce, mushroom, broccoli & basil leaves
- AGLIO OLIO w smoked salmon **21**
Extra virgin olive oil, chili flakes, basil, cherry tomato, broccoli & rockets



HAND-PICKED SALADS

freshly picked daily with lettuce base

- HONEY BALSAMIC w grilled chicken **15**
Japanese cucumber, cherry tomato, corn, red cabbage & mushroom
- CAESAR w grilled chicken **15**
Cherry tomato, potato, wholemeal breadcrumb & boiled egg



MIXED RED RICE

imported premium grade red rice

- GREEN CURRY CHICKEN **14.5**
Grilled chicken breast, coriander, eggplant & pineapple salsa
- BUTTER YOGURT CHICKEN **15**
Grilled chicken breast, coriander, eggplant, cherry tomato & cashew nuts



SIDES

to fill 'em up

- BAKED WAFFLE CUT FRIES **5**
USA russet potato fries & HALE aioli sauce
- FRESH SALAD POT **6**
Hand-picked salad with honey balsamic sauce
- GRILLED CHICKEN POT **8.5**
Grilled chicken breast & pineapple salsa
- HANDMADE BEEF MEATBALLS POT **10.5**
Five meatballs & tomato sauce
- HOMEMADE MUSHROOM SOUP w wholemeal **9.5**
Blended with range of mushrooms



COLD-PRESSED JUICES

raw juice slow-pressed & bottled in-house

- PURE ORANGE **+8**
Three Valencia oranges
- GREEN PUNCH **+8.5**
Green apple, lemon & basil
- REFRESHING RED **+8.5**
Watermelon & mint
- FOUR GREENS **+9**
Green apple, celery, cucumber & lemon



ORGANIC DRINKS

fairtrade & handpicked around the globe

- EARL GREY TEA / ENGLISH BREAKFAST TEA **+6**
- ESPRESSO / AMERICANO / LONG BLACK **+7.5**
- LATTE / FLAT WHITE / CAPPUCINO **+8**
- HOT CHOCOLATE / MOCHA **+9.5**



HOME SIGNATURE TEAS & OTHERS

- LEMONGRASS TEA / OREGANO GINGER TEA **+3**
- COKE LIGHT **+3**
- 100 PLUS **+3**
- SPRITZER **+3**

GOOD MORNING, BREAKFAST!

SERVED TILL 10AM ONLY



TOASTS SET

comes with baked hash brown and brewed coffee or tea

- CINNAMON BUTTER TOAST **7**
Homemade cinnamon butter spreaded on wholemeal toast
- SCRAMBLED EGG SET **11**
Scrambled egg, lettuce, tomato & wholemeal toast



WHOLEMEAL MUFFINS SET

comes with baked hash brown and brewed coffee or tea

- EGG MUFFIN **7.5**
Baked egg, cheddar & homemade tomato sauce
- MUSHROOM & EGG MUFFIN **9.5**
Mushroom, baked egg, cheddar & homemade tomato sauce
- GRILLED CHICKEN & EGG MUFFIN **10.5**
Chicken breast, baked egg, cheddar & homemade tomato sauce
- SMOKED SALMON & EGG MUFFIN **11.5**
Smoked salmon, baked egg, rocket & fresh yogurt



BREAKFAST WRAPS SET

comes with baked hash brown and brewed coffee or tea

- SCRAMBLED EGG WRAP **7.5**
Scrambled egg, cheddar & HALE aioli sauce
- MUSHROOM & EGG WRAP **9.5**
Mushroom, scrambled egg, cheddar & HALE aioli sauce
- GRILLED CHICKEN & EGG WRAP **10.5**
Chicken breast, scrambled egg, cheddar & HALE aioli sauce
- SMOKED SALMON & EGG WRAP **11.5**
Smoked salmon, scrambled egg, rocket & fresh yogurt

Please check our delivery coverage online. Delivery fee is applicable for orders below RM50. All prices are inclusive of GST.